



RETURN TO RUN PROGRAM

(This card is used to facilitate instruction, questions to ask – answers ETC... If the back is required – that's OK – but try to limit to one card for reference)

1. Running is a continuous maintenance activity. Any decrease in training will require a period of progressive training to return to prior functional levels.
2. The total training program should be reviewed – amount of training, type of training, intensity of training – and not just what is done during physical training time.
3. After a break in training, and assuming that there is no overtraining done in the remedial phase, it can take from 4 weeks to 90 days in order to retrain deconditioned Soldiers